

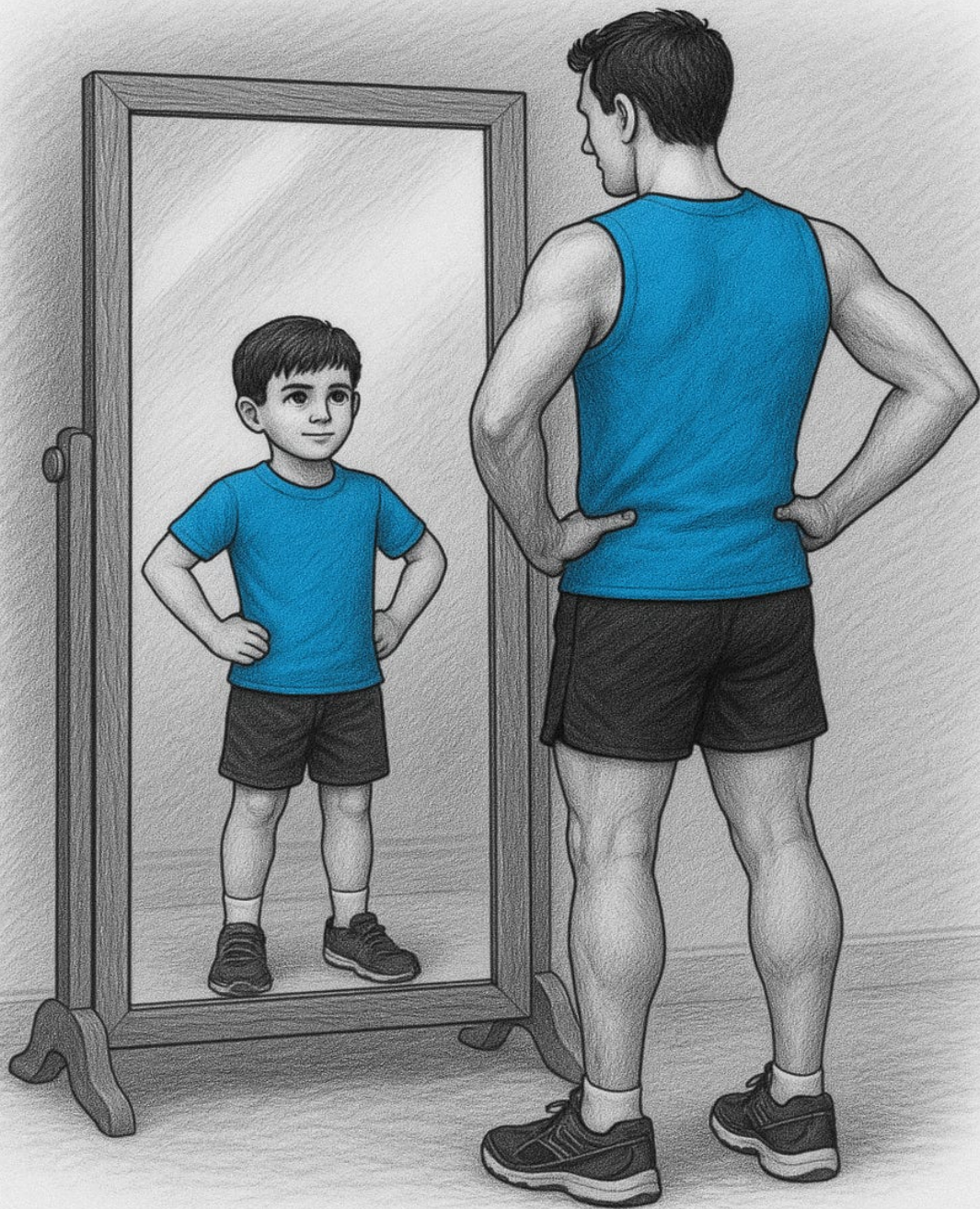
Editor's Note: May is for memoirs! That's why you're getting over 50 incredible indie titles free, including an advance review copy of my new memoir, *Hell & Paradise* . Check it out [here](#).

Now, let's get into it...

Subscribed

The Hidden Crisis No One Talks

About



**I PROMISE, I WILL
MAKE YOU PROUD.**

Subscribed

Dear *Permission to be Powerful* Reader,

What if I told you that right now, at this very moment...

You Are in The Middle of a Crisis

One so dangerous, so lethal, so insidious...

Yet, most people don't know it's happening.

🔊 You won't see it on the news.

🔊 No headlines will warn you.

🔊 No experts will sound the alarm.

Because this crisis isn't happening out there.

It's happening inside you.

And if you don't act soon, it could cost you **everything**.

The Silent Collapse

Most people think a crisis looks like chaos—panic, destruction, the world burning around them.

But real collapse?

↳ It happens silently.

↳ Slowly.

↳ So subtly that you don't even realize it's happening.

One day, you wake up and realize:

🔑 The **drive** you once had?

Gone.

🔑 The **confidence** you built?

Shaken.

🔑 The **dreams** you swore you'd chase?

Abandoned.

And you tell yourself it's just a phase...

A rough patch...

You'll figure it out.

But deep down, you know the truth.

This isn't just stress.

☞ Or burnout.

☞ Or feeling “off.”

This is a slow unraveling.

☞ And if you don't do something about it now?

☞ **You may not recognize yourself in a year.**

The Identity Crisis No One Sees Coming

Here's what no one tells you:

A crisis of identity is worse than a financial collapse.

Because when the markets crash?

You can rebuild.

When you lose money?

You can earn it back.

But when YOU collapse...

When you lose sight of who you are, what you want, and what you stand for—

The consequences are far worse.

☞ You make decisions out of fear instead of power.

☞ You stay in situations that drain you because you don't trust yourself to leave.

☞ You settle for less in every area of life—work, love, friendships—because somewhere along the way, you stopped believing you deserve more.

And once that happens?

You start to disappear.

The world doesn't even have to take you down.

You'll do it to yourself.

The Warning Signs Are Already There

Most people don't wake up one day and think, “*Wow, I'm in an identity crisis.*”

Instead, they ignore the warning signs—until it's too late.

☞ You feel restless, but you don't know why.

☞ You distract yourself constantly—social media, binge-watching, working too much—because silence feels unbearable.

☞ You envy people who seem free, but tell yourself you “can’t” live like that.

☞ You have conversations in your head about what you *really* want, but you never say them out loud.

**At first, these things seem small.
Unimportant.**

But add them up?

**And you're looking at the slow-motion collapse of
a life.**

The One Thing That Makes It Worse

The worst part? **Most people don't do anything about it.**

Not because they don't want to. Not because they don't care.

But because they tell themselves **they have time** .

They think they can fix it later. When things calm down. When life gives them permission. When the “right moment” comes.

But the truth?

Later never comes.

And every moment you spend waiting, hesitating, avoiding?

You're sinking deeper into the very crisis you're trying to escape.

The good news? **It's not too late.**

But only if you're willing to act **now** .

The Escape Plan: How to Break Free Before It's Too Late

If you've read this far, you already know you're at a crossroads.

Now, you have two choices: 1 **Keep going down the same path.** Keep hoping things will get better on their own. Keep distracting yourself. Keep telling yourself “one day” things will change.

2 **Take control—right now.** Stop waiting for permission. Stop playing small. **Decide that today is the day you change.**

Because if you don't?

Nothing will.

And here's where most people fail: They think escaping an identity crisis requires a huge, dramatic change. A total life overhaul.

It doesn't.

What it really takes?

A series of small, powerful choices.

The choice to start listening to the voice inside you instead of ignoring it.

✧ The choice to stop prioritizing what *other people* think over what *you* know you need.

✧ The choice to act before you feel ready.

**Because if you wait until you feel
“ready”?**

You’ll be waiting FOREVER.

The Three-Step Process to Rebuild Yourself

Most people don’t rebuild because they don’t know where to start. So here’s your roadmap:

Step 1: Strip Everything Down

✧ Get brutally honest about what’s not working. Where are you lying to yourself? What are you tolerating that drains you?

☞ Let go of what's weighing you down. Toxic relationships, bad habits, outdated beliefs— **cut them loose.**

Step 2: Rewire Your Identity

☞ Define who you want to be. If you could start fresh, what would your life look like? Write it down. **Make it real.**

☞ Shift your self-image. Stop telling yourself you're "stuck." You're evolving. You're stepping into something bigger.

Step 3: Take Unapologetic Action

☞ Make one bold move. Not tomorrow. **Today.**

☞ Commit to **non-negotiable self-respect.** Every choice, every habit, every relationship—if it doesn't align with your new identity? It's gone.

The Final Push: Never Go Back

Once you start down this path, you will face resistance.

From others. From your old habits. From the part of you that wants to cling to comfort.

But here's the truth: **Comfort is a trap.**

Growth is uncomfortable. Change is messy. Reinvention is painful.

But what's the alternative?

☞ To stay stuck?

☞ To keep living a life that no longer fits?

☞ To wake up five years from now, full of regret?

No. That's not an option.

This is your moment.

The point of no return.

The life you want?

It's on the other side of ONE decision.

If this hits home, don't just nod and

scroll away—act.

Join Permission to Be Powerful as a paid subscriber.

Subscribed Commit to this transformation—because the world doesn't hand power to those who wait.

You KNOW what to do...

GO DO IT.

Until next time,

A stylized, handwritten signature in black ink. The signature reads "Anton Volney" in a cursive script. The letters are connected, with long, sweeping strokes. The "A" is particularly large and has a long horizontal line extending to the left. The "V" is also large and has a long horizontal line extending to the right. The signature is written on a light gray background.

Dancer, Writer, Buddhist.



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